

Annapolis Senior Center

1027 Bay Ridge Avenue
Annapolis, MD 21403
(Eastport Shopping Center)

Phone: 410-222-1818 Fax: 410-222-1216
Monday—Friday 8:00 a.m. to 4:30 p.m.

ANNE ARUNDEL COUNTY DEPARTMENT OF AGING

JULY is Disaster Preparedness Month

MESSAGE FROM THE DIRECTOR OF AGING

Recognizing the value of advance Disaster Preparedness planning, the Department of Aging has made it a priority to formulate a Disaster Preparedness Plan. Each one of you plays a critical role in this plan.

Anne Arundel County Department of Aging is designating July 2003 as the month to highlight Disaster Preparedness. Some of the activities during the month of July will include:

- * Instructions on sheltering-in-place for a limited time at senior centers or nutrition sites
- * Building evacuation drills

The success of our Disaster Preparedness Plan depends on us working together. Please remember to sign in daily. Signing in will assist us in accounting for everyone in the facility. Your safety is our primary concern.

Thank you for your cooperation,
Virginia A. Thomas, CPA, Director
Anne Arundel County Department of Aging

Inside this issue:

Daily Schedule	Pages 2 & 3	Craft Workshops	Page 6	Menu	Page 9
Highlights	Page 4	Future Events	Page 7	Senior Services	Back Page
Summer Classes	Page 5	Murder Mystery	Page 7	Phone #s	Back Page
Ongoing Services	Page 6	Caregiver Series	Page 8	Staff Info.	Back Page
Birthdays	Page 6	Enneagram Series	Page 8	E-Mail	Back Page

Web Site: www.aa-aging.org

July 2003



Tuesday, July 1

10:00 Cards & Games
12:00 Lunch
1:00 Knitting

Wednesday, July 2

9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 Cards & Games
12:00 Lunch
12:45 Open Bridge

**7:00 Caring for the Caregiver
(last session)**

Please see Page 8 for details!

Thursday, July 3

10:15 Bingo
12:00 Lunch
1:00 Cards & Games
1:00 Duplicate Bridge
3:00 'Touchstones'
**'Let's Celebrate July 4th' with
FRANK & TRISH CURRERI
Details on Page 4!**



Friday, July 4

INDEPENDENCE DAY



**CENTER
CLOSED**

Legend

UM - Eastport United
Methodist Church
SC—Stanton Center

Annapolis Senior Center

Daily Schedule—July 2003

Monday, July 7

Summer Classes Begin!

8:30 Aerobics
10:00 Word Processing
Intermediate.....SC
10:00 Ceramics
**10:00 Musical Memories: A
Nostalgic Tour of Modern
Popular Music**
12:00 Lunch
12:30 Ceramics

Opera Appreciation begins 7/14.

Tuesday, July 8

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
12:00 Lunch
1:00 Adaptive P. E. w/ Rita
1:00 Knitting

Wednesday, July 9

8:30 Aerobics
10:00 Keep Your Mind Alert
12:00 Lunch

**12:30 Summer Crafts Workshop
See Page 6 for details!**

12:45 Open Bridge
1:00 Intermediate Spanish

Thursday, July 10

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
9:30 Painting & Drawing
10:15 Bingo
**10:45 Pilates & Strength Tr...UM
(new class!)**
12:00 Lunch
**12:30 Holiday Bazaar Work-
shop...Details on Page 4!**
1:00 Duplicate Bridge
2:30 Yoga.....UM
3:00 'Touchstones'

Friday, July 11

8:30 Aerobics

**10:00 Walking Club
Annapolis Mall
Sign Up by 7/3**



12:00 Lunch
12:30 Birthday Celebration
1:00 Art: Watercolor

Monday, July 14

8:30 Aerobics
10:00 Word Processing
Intermediate.....SC
10:00 Ceramics
**10:00 SHOPPING : 'Marley
Station'. Lunch at Mall.
SIGN UP REQUIRED BY 7/7.**
**10:00 Musical Memories: A
Nostalgic Tour of Modern
Popular Music**
12:00 Lunch
12:30 Ceramics
1:30 Opera Appreciation

Tuesday, July 15

8:30 Aerobics....UM
8:45 Flex & Stretch w/Wts.
9:15 Weight Training....UM
**9:00 'Mini Massage'
See Page 4 for details!**
12:00 Lunch
1:00 Adaptive P. E. w/ Rita
No Knitting today!

Wednesday, July 16

8:30 Aerobics
9:30-12:00 Blood Pressure
& Glucose Monitoring
10:00 Keep Your Mind Alert
12:00 Lunch
12:45 Open Bridge
1:00 Intermediate Spanish



Daily Schedule—July 2003

Thursday, July 17

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
10:45 Pilates & Strength Tr.
(new class!)UM
 12:00 Lunch
 12:45 Advisory Council Mtg.
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'

Friday, July 18

8:30 Aerobics
 10:00 Keep Your Mind Alert
 12:00 Lunch
 1:00 Art: Watercolor
 1:30 Opera Appreciation

Monday, July 21

8:30 Aerobics
 10:00 Word Processing
 Intermediate.....SC
 10:00 Ceramics
10:00 Musical Memories: A
Nostalgic Tour of Modern
Popular Music
 12:00 Lunch
 12:30 Ceramics
 1:30 Opera Appreciation

Tuesday, July 22

8:45 Flex & Stretch w/Wts.
10:15 CPR Class
See Page 4 for details!
 12:00 Lunch
 1:00 Adaptive P. E. w/ Rita
No Knitting today!

Aerobics & Weight Training
are cancelled today!

Wednesday, July 23

8:30 Aerobics
 10:00 Keep Your Mind Alert
11:15 DINING OUT:
"Cactus Willie's".
SIGN UP REQUIRED BY 7/16.
 12:00 Lunch
 12:45 Open Bridge
 1:00 Intermediate Spanish

Thursday, July 24

TRIP to Chesapeake Arts
Center for a 'Murder Mystery'
See Page 7 for details!

8:45 Flex & Stretch w/Wts.
 9:30 Painting & Drawing
 10:15 Bingo
10:45 Pilates & Strength Tr.
(new class!)UM
 12:00 Lunch

1:00 The Television News
Media...Details on Page 4!

1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'

The following classes are
cancelled today:

Aerobics	Weight Training
Pilates	Yoga

Friday, July 25

8:30 Aerobics
10:00 Walking Club
Quietwaters Park.
Bring a bag lunch
or buy lunch at the
Park. SIGN UP BY 7/18.
 12:00 Lunch
 1:00 Art: Watercolor
 1:30 Opera Appreciation
 2:30 Long Term Care
 Presentation - See Page 6!



Monday, July 28

8:30 Aerobics
 10:00 Word Processing
 Intermediate.....SC
 10:00 Ceramics
10:00 Musical Memories: A
Nostalgic Tour of Modern
Popular Music
 12:00 Lunch
 12:30 Ceramics
 1:30 Opera Appreciation

Tuesday, July 29

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM

10:00 911....Free Cell Phone
Important Information is on
Page 4! SIGN UP REQUIRED.

12:00 Lunch
 1:00 Adaptive P. E. w/ Rita
 1:00 Knitting

Wednesday, July 30

8:30 Aerobics
 9:30-12:00 Blood Pressure
 & Glucose Monitoring
 10:00 Keep Your Mind Alert
 12:00 Lunch
 12:45 Open Bridge
 1:00 Intermediate Spanish

Thursday, July 31

8:30 Aerobics....UM
 8:45 Flex & Stretch w/Wts.
 9:15 Weight Training....UM
 9:30 Painting & Drawing
 10:15 Bingo
10:45 Pilates & Strength Tr.
(new class!)UM
 12:00 Lunch
12:30 Holiday Bazaar
Workshop...Details on Page 4!
 1:00 Duplicate Bridge
 2:30 Yoga.....UM
 3:00 'Touchstones'

Program Highlights—July 2003

Thursday
July 3
1:00 pm



JULY 4TH CELEBRATION with FRANK CURRERI

Join us as the Annapolis Center celebrates 'Independence Day' with a performance by Vintage Entertainment (Frank & Trish Curreri). **Registration is required.** **JOIN US FOR LUNCH PRIOR TO THE SHOW.**

Thursday
July 10 & 31
12:30 pm



HOLIDAY BAZAAR WORKSHOP

Our monthly Bazaar Workshops continue. 'Crafty' volunteers are needed to assist in these workshops. Please join us. Proceeds from the bazaar directly benefit our Center. Marie Lloyd and Evelyn Bacon are the craft instructors.

Tuesday
July 15
9:00-11:45 am

MINI MASSAGE

Mary Ann Roesler, Certified Massage Therapist, offers you relaxation with a "Mini" Massage. You will have a choice of a head, neck, back or hand massage. **Senior Center membership is required. By appointment only.** **Please sign up at the Reception desk.**

Tuesday
July 22
10:15 am

CARDIOPULMONARY RESUSCITATION (CPR)

Take advantage of this opportunity and learn to save a life through CPR. This free class is sponsored by the American Heart Association. **Sign up is required.**

Tuesday
July 29
10:00 am

FREE CELL PHONE FOR 911





Officer Joe Hatcher of the Anne Arundel County Police Department returns to the Center to distribute free cell phones for 911 purposes. We have a list of people waiting to receive these phones and they will be given first option. Please be sure to sign up if you are interested in obtaining one. **PRE-REGISTRATION IS NECESSARY.** **Persons must attend the presentation by Officer Joe prior to receiving their phone.**

THE TELEVISION NEWS MEDIA.....with Candace Hewitt, former Television Producer

Thursday, July 24 1:00 pm—3:00 pm



Have you ever wondered why a particular story made the 6 o'clock news? And how it got there? In this open discussion class we'll take a closer look at the world of TV news by examining current events making headlines, and explore why they are there. Just how television literate are you? What makes a TV story compelling? What elements do reporters and producers look for when putting a news report together and how do you go about getting a story in your neighborhood or community on air? In this class you will have an opportunity to pitch your story ideas to an industry professional and get feedback on why it may, or may not, work. Using real world examples, we will show you why some reports are popular and others are not. And, how some stories have impacted certain individuals and brought about change. After this discussion and interaction, you will never watch the news the same way again! **Don't miss this special 2 hour workshop!**

ANNAPOLIS SENIOR CENTER			SUMMER CLASSES		
Monday		Wednesday		Friday	
Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30	Aerobics (M/W/F)	8:30— 9:30
Word Processing-Inter.SC *FYI	10:00—11:30	Computer-Intermediate F.Y.I.	9:00 - 10:30	Computer—Inter. see F.Y.I.	9:00— 10:30
Ceramics	10:00—12:00	Keep Your Mind Alert *	10:00—11:30	Effective Colored Pencil FYI	9:00— 12:00
Musical Memories (new class)	10:00 - 12:00	Open Bridge *	12:45— 3:30	Keep Your Mind Alert *	10:00— 11:30
Ceramics (note new time!)	12:30— 2:00	Spanish—Intermediate	1:00— 3:00	Art: Watercolor *	1:00— 3:00
Opera Appreciation (M/F) FYI	1:30— 3:30			Opera Appreciation(M/F) FYI	1:30— 3:30
Tuesday				F.Y.I.....	
				Word Processing runs 7/7—8/25.	
Aerobics (T/Th).....UM	8:30— 9:15			Inter. Computer begins 8/6 & ends 8/29.	
Flex & Stretch w/Weights *	8:45— 9:45	Thursday		Opera Appreciation will be held on Mon. & Fri. from 7/14 until 8/8	
Weight Training (T/Th)....UM	9:15—10:00	Aerobics (T/Th).....UM	8:30— 9:15	Colored Pencil runs 8/15—9/12	
Adaptive P.E. w/Rita	1:00— 2:00	Flex & Stretch w/Weights *	8:45— 9:45	SC signifies Stanton Center	
Knitting *	1:00— 3:00	Weight Training (T/Th).....UM	9:15—10:00	UM signifies United Methodist Church	
		Painting & Drawing	9:30—12:00	<u>Please Note.....</u> The Classes/Activities with an * are not college classes. They are free but may require a small supply fee. Sign up may be required.	
		Pilates & Strength Training (new class)UM	10:45—11:45	Most Summer classes begin on July 7th.	
		Duplicate Bridge *	1:00— 3:30	<u>Please read information on this page.</u>	
		Yoga.....UM	2:30— 3:30	<u>Registration for the Anne Arundel Comm.</u>	
		Touchstones *	3:00— 4:00	College Summer classes ends on July 18th.	
The Class Schedule is subject to change if enrollment does not reach the required minimum.		If you have questions or concerns about the classes, please ask staff or volunteers.		Persons 60 & over at the commencement of the class, pay a \$20 registration fee only.	
				For persons 55 to 59 there is an additional \$40 fee, per class.	

Ongoing Services

Blood Pressure/Glucose Monitoring – is offered on the **first and third Wednesday** of each month; no appointment is necessary. Donations are accepted. **Senior Center membership is required.**

Information & Assistance - Paul Haughton, Information & Assistance specialist with the Department of Aging, is now available on the **4th Friday** of the month, **by appointment**, to assist seniors in defining needs, and locating and filing for appropriate services and programs. **See Ed or Jo to schedule an appointment.**

SHIP (Senior Health Insurance Program) - Trained volunteers are available to assist you with problems and/or concerns regarding your medical insurance, on the **2nd & 4th Thursday of the month, by appointment**. On the **4th Friday of every month at 2:30 p.m.**, Susan Knight, Director of SHIP, addresses the issue of Long Term Care Insurance. Join us for this valuable informational presentation.

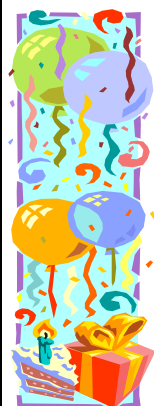
Dining Out/Shopping Trips – We offer both trips once a month to an area shopping center and restaurant. See the daily schedule for details. Commitment fee applies. We are always open to suggestions.

Walking Club - Get exercise while having fun! Two Fridays a month our Walking Club walks at a local mall or park. For more information please call the Center.

Mini Massage - Mary Ann Roesler, Certified Massage Therapist, gives mini massages at the Center every other month, **by appointment**. Please check the daily schedule and program highlights in the newsletter for the specific date and time.

Cards and Games are played daily at the Center. **Come and join us!**

JULY Birthdays: HAPPY BIRTHDAY TO THOSE LISTED BELOW :



This month the Birthdays will be celebrated on Friday, July 11th at 12:30 p. m. Elizabeth Alexander, Terry Attridge, Tilden Atwell, Shirley Barrett, Dawson Bechtold, Lillian Belt, Oscar Billingsley, Murray Blank, Barbara Brady, Helen Brydon, Gracia Carr, Ernestine Carter, Jane Cartney, Jane Clark, Marjorie Crain, Helen Crane, Joan DeCenzo, Alice Decker, Hilda Diggs, Barbara Dorsey, Mike Driscoll, Bob Dulin, Lillian Elzey, MaryEllen Fainelli, Bridget Frymier, Clay Gloster, Walter Goodhue, Carolyn Gordon, Harold Greene, Gloria Grossman, Jean Herndon, Henry Holland, Barbara Hook, Kitty Hunsberger, David James, Clementine Johnson, Carolynn Kraft, Helene Lawson, Sam Liff, Thea Lindauer, Bettie Mason, Joan McConnell, James McGovern, Carrie McPherson, Chung Dau Mo, Marj Munkelt, Juanita Murphy, Faye Puryear, LaSoaphia QuXazs, Jean Reantillo, Betty-Sue Salvia, Bee Savage, Alice Scharf, Pat Schenck, Louise Schoen, Albert Seligman, Alberta Showalter-Witzgall, MaryJudith Stack, Ann Stahl, Bambi Sublett, Ethel Thomas, Pauline Turner, Roswitha Walking, June Webb, Kathleen Weibel, Arlene Wells, Marion Wells, Everett Whitehead, John Wilson, Ken Witzgall, Richard Woodbury, Ruby Woodward, Jody Wray.

Summer Crafts Workshops with Marie Lloyd!

We will have a monthly Craft Workshop during the Summer. This month the workshop will be held on Wednesday, July 9th from 12:30–2:30 pm. The project is a



'Bird Bath' made from flower pots. The supply fee is \$6.00. **Registration is required by July 2nd.** Please sign up at the reception desk.



Annapolis Senior Center

Coming in August:

"THE ENNEAGRAM"

Tuesday, August 5th, 12th, 19th & 26th 10:00 a.m. - 12:00 p.m.

PLEASE SEE PAGE 8 FOR DETAILS!

Hospice of the Chesapeake presents 'MANAGING PAIN'

Tuesday, August 12th—10:30 a.m.

Nancy Fox Royster, RN, will provide information and tips to help pinpoint the cause of pain and better manage it. This will be a very informative presentation. Mark it on your calendars.



"NUTRITION, MEDICATIONS and SUPPLEMENTS"

Tuesday, August 19th—11:00 a.m.

Sue A. James, MS, RD, LD will be the guest speaker. Nutrition will be discussed as it relates to commonly used medications and supplements. How do they interact? Are vitamins good for you? Come and learn more about it!

And in September??.....

FLEA MARKET.....Friday and Saturday, September 19th & 20th

See the August newsletter for further information!



Note!! We are planning a "GREEK DAY" in the Fall.....check upcoming newsletters to read all about it!!

Murder Mystery in Brooklyn Park!

The Brooklyn Park Senior Center has invited the Annapolis Center to join them at a private showing of an **interactive** murder mystery, "Death Warmed Over". The performance, presented by the Chesapeake Arts Center, is on Thursday, July 24th at 10:30 a.m. Tickets are \$12.00. After the show, there will be box lunches at the Brooklyn Park Center (donations, as usual, are accepted) and you will have the opportunity to meet the cast while you are there. **Please sign up at the reception desk and be sure to reserve your lunch.**



Annapolis Senior Center



Anne Arundel County Department of Aging



Our **"Caring for the Caregiver"** Series ends on July 2nd. Mary Fridley, RN. BS. C., from Gero-Resources, is the facilitator of this educational series for caregivers of all ages. Join us for the last session!

Wednesday Is It Time?
July 2nd Placement Issues.

The session will be held from 7 p.m. to 9 p.m. at the
Annapolis Senior Center.

Please call the Center at 410/222-1818 for further information.

The Enneagram

The enneagram of personality is like a map of our inner geography and a powerful tool for self observation. It is based on what motivates us and not just our behavior. The enneagram describes nine personality types—which one are you ??? It shows us our greatest gift in life and our chief fault, and remarkably, they are the same. Come join us on a journey of discovery—learn to know ourselves and understand others—who we really are.






At first the enneagram seems to be about differences, but it is soon seen to be about similarities—it's the motivation for our behavior that makes us different.

A series of classes start in August and will be held on Tuesdays: 5, 12, 19 & 26 from 10:00 am—12:00 pm. Ann Vickery is the instructor. The supply fee is \$3:00. Registration is required. Please sign up at the reception desk.

Annapolis Senior Center

JULY 2003 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7 Minestrone Turkey Salad Lettuce/Tomatoes Melon Sub Roll Brownie	1 Sunshine Salad Sweet & Sour Pork Rice Broccoli Wheat Roll Melon	2 Tossed Salad Stuffed Pepper Herb Yellow Squash Vienna Bread Cookie	3 Mar. Cux & Tomatoes Hamburger Potato Salad Dilled Carrots Burger Roll Dec. Cake	4 INDEPENDENCE DAY  CENTER CLOSED
14 Marin. Veg. Salad Baked Fish l'Orange Lyonnaise Potatoes Summer Squash Whole Wheat Roll Fruited Red Gelatin	8 Apple Juice Pork Chop Suey Rice Carrot Raisin Salad Vienna Bread Lemon Cake	9 Pineapple Juice Stuffed Pepper Peas Rye Bread Cookie	10 Chicken Veg. Soup Pork Ribette Corn on Cob Tossed Salad Dinner Roll Nectarine	11 Sliced Apples Meatloaf w/ Gravy Oven Brown Potatoes Italian Vegetables Vienna Bread Plum
21 Blended Juice Mac/Ham/Cheese Stewed Tomatoes Dinner Roll Oatmeal Cookie	15 Perfection Salad Sliced Turkey/Gravy Stuffing Glazed Carrots Marble Bread Pineapple Tidbits	16 Sliced Peaches Chicken Tarragon Mashed Potatoes Collard Greens Italian Bread Vanilla Pudding	17 Tossed Salad Swedish Meatballs Rice Kale Dinner Roll Lemon Cake	18 Sunshine Salad Beef Barbeque Shells Scand. Vegetables Sandwich Bun Sliced Pears
28 Sunny Slaw Knockwurst Baked Beans Corn Cobbette Frankfurter Roll Melon	22 Potato Soup Seafood Salad Lettuce/Tomato Green Beans Kaiser Roll Mandarin Oranges	23 Pepper Cabbage Beef Stew Large Biscuit Cookie	24 Fruit Cocktail Chicken Chow Mein Rice Marinated Veg. Dinner Roll Coconut Cake	25 Tossed Salad Roast Beef Mashed Potatoes Scand. Vegetables Vienna Bread Pineapple Tidbits
	29 Vegetable Soup Tuna Salad Lettuce/Tomatoes Mixed Fruit Compote Kaiser Roll Sugar Cookie	30 Tossed Salad Southwest Chicken Calico Rice Fiesta Blend Corn Bread Nectarine	31 Chicken Rice Soup Italian Meatballs with Sauce Coleslaw Sub Roll Fruit Cocktail	

Those under 60 must pay the \$3.36 cost of the meal. Those 60+ please contribute as much as you can towards the meal.
 At the very least, reservations must be made by 10 a.m. the day before you want your meal.
 Please call 410-222-1003. Hours: 9:45 a.m.—1:15 p.m.

Ed Casey	Center Director
Jo Morris	Assistant Director
Robyn Prehn	Receptionist
Helen Timeus	Nutrition Site Manager
James Bias	Transportation Van Driver
Robert Howard	Transportation Van Driver
Reuben Bowman	Custodial Services
 E-Mail Address	 annapoliscenter@mail.aacounty.org

Center Phone	410-222-1818
Fax	410-222-1216
Nutrition	410-222-1003
Dept. of Aging	410-222-4464
Transportation	410-222-4826
Meals on Wheels	410-431-5257
Officer Joe Hatcher	410-222-8585 (Police Liaison)



Services for Seniors and Adults with Disabilities:

The new Services for Seniors Directory for 2003 – 2004 is out. This publication is sponsored by the Anne Arundel County Department of Aging in conjunction with the Anne Arundel Senior Services Provider Group, Inc. This directory is a wealth of information on programs, services, resources and events in Anne Arundel County. Be sure to pick one up at the Center!

Products and services advertised in this publication are not endorsed or guaranteed by the Annapolis Senior Center, the Anne Arundel County Department of Aging, Friends of Arundel Seniors (FOAS) or FATA, Inc.